

	Time	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
	All Day Activity	School Spin (Library)				
P1	08.50-09:30			Whole – School Meditation (All classes with class teachers)		Tony 10 Talk 4 th and 5 th Years (Canteen)
P2	09:30-10:10	Junior Yoga – Rm 41	[9:50 start - Library] Shout Out Workshop 4A	3P Nutrition Talk	1B/1Z ZEEKO Workshop	Tony 10 Talk 4 th and 5 th Years
P3	10:10-10:50	Senior Yoga – Rm 41	Shout Out Workshop 4A	3P Nutrition Talk	1B/1Z ZEEKO Workshop	Tony 10 Talk 4 th and 5 th Years
	10:50-11:05	Break Healthy Snacks	Break Healthy Snacks	Break Healthy Snacks	Break Healthy Snacks	Break Healthy Snacks
P4	11:05-11:45		Shout Out Workshop 4B	Weighted Walk (weather permitting)		1 st Year Bonding Day (Avondale)
P5	11:45-12:25		Shout Out Workshop 4B (12:05 end) (12:05 start) Shout Out Workshop 5A	Weighted Walk (weather permitting) 2 nd Yr Nutrition Talk	1H ZEEKO Workshop Nikafit Fitness Class With Saoirse (Junior - canteen)	1 st Year Bonding Day
P6	12:25-13:05		Shout Out Workshop 5A	Weighted Walk (weather permitting) 2 nd Yr Nutrition Talk	1H ZEEKO Workshop Nikafit Fitness Class With Saoirse (Senior - canteen)	1 st Year Bonding Day
	13:05-13:40	Lunch	Lunch		Lunch	Lunch
P.C.	13.40-13.50	1 st Year Random Acts of Kindness				1 st Year Bonding Day
P7	13.50-14.30		Shout Out Workshop 5B		4A&4B ZEEKO Workshop	1 st Year Bonding Day
P8	14.30-15.10		Shout Out Workshop 5B (14:50 end)		4A&4B ZEEKO Workshop	1 st Year Bonding Day
P9	15.10-15.50	Drop Everything and Read (all classes)				